



Primary School Menu

From: 31st October 2016 – 31st March 2017

A variety of the following is available daily from the deli bar:

Assorted bread, choice of salad items, a variety of seasonal fruit pieces, both fresh & dry, vegetable sticks and one of the following; pasta, cous cous or rice dish.

Yoghurt, water, semi-skimmed milk or juice is also available daily.



Visit: www.sthelens.gov.uk/schoolmeals

For allergy and dietary help, please contact:

gracetatlock@sthelens.gov.uk

or: andrewferguson@sthelens.gov.uk



Fish products sustainably sourced
Meat products are farm assured

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1 14/11, 5/12, 2/1, 23/1, 20/2, 13/3.	Welsh Pork Sausages & Gravy Salmon Fishfingers Jacket Potato Mashed Potato Baked Beans Sweetcorn Fruit Flapjack Yoghurt/Fresh Fruit	Chinese Pork Noodles Cheese Panini (V) Jacket Potato Herby Diced Potatoes Mixed Vegetables Carrots Apple Sponge & Custard Yoghurt/Fresh Fruit	Roast Chicken Breast & Gravy Cheese & Tomato Pasta Bake, Garlic Bread (V) Jacket Potato Roast Potatoes Seasonal Vegetable Broccoli Raspberry Ripple Mousse Yoghurt/Fresh Fruit	Minced Beef Curry/Hotpot with Crust Sausage in a Boat (V) Jacket Potato Potato Swirls/ 50/50 Rice Cauliflower Peas Fruit Jelly & Fruit Wedges Yoghurt/Fresh Fruit	Sustainably Sourced Battered Fish Home-made Pizza (V) Jacket Potato Chips Peas/Mushy Peas Sweetcorn Chocolate Orange Marbled Cake/Cheese & Crackers Fresh Fruit	
	(V) - Vegetarian					
	Week 2 31/10, 21/11, 12/12, 9/1, 30/1, 27/2, 20/3.	Breaded Chicken Breast Fish Pie Jacket Potato Duchess Potatoes Baked beans Peas Rice Pudding with Raisins Yoghurt/Fresh Fruit	Pasta Bolognese, Garlic bread Quorn & Lentil Curry (V) Jacket Potato 50/50 Rice Cauliflower Mixed Vegetables Waffle with Apple Slices & Toffee Sauce Yoghurt/Fresh Fruit	Roast Beef & Yorkshire Pudding Roasted Quorn Fillet (V) Jacket Potato Roast potatoes Broccoli Carrots Superfood Chocolate Cake Yoghurt/Fresh Fruit	Chicken/Steak Pie Cheese & Broccoli Quiche (V) Jacket Potato Mashed Potato Crushed Carrots & Swede Seasonal Vegetable Pancake with mixed berries Yoghurt/Fresh Fruit	Sustainably Sourced Battered Fish Home-made Pizza (V) Jacket Potato Chips Peas/Mushy Peas Sweetcorn Raspberry Yoghurt Crumble Pot Fresh fruit
		(V) - Vegetarian				
Week 3 7/11, 28/11, 19/12, 16/1, 6/2, 6/3, 27/3.		100% Beef burger & Gravy Macaroni Cheese (V) Jacket Potato Herby Diced Potatoes Baked beans Mini Corn on the Cob Shortbread Biscuit & Milkshake Yoghurt/Fresh fruit	Chicken Curry, with Naan Bread Sausage Roll (V) Jacket Potato 50/50 Rice/ New potatoes Cauliflower Peas Raspberry/Lemon Mousse Slice Yoghurt	Roast Pork, Apple Sauce & Gravy Quorn Bolognese Pasta Bake, Garlic bread (V) Jacket Potato Potato Rosti Carrots Broccoli Fruit Muffin Yoghurt/Fresh Fruit	Turkey Meatballs with Tomato Sauce or Gravy Spicy Cheese and Tomato Wrap/Sub Roll (V) Jacket Potato Potato Swirls/Wholewheat pasta Mixed Seasonal Vegetable Oat & Cranberry/Chocolate Cookie Yoghurt	Sustainably Sourced Battered Fish Homemade Pizza (V) Jacket Potato Chips Peas/Mushy Peas Sweetcorn Fruit salad & Ice Cream Yoghurt/Fresh Fruit
		(V) - Vegetarian				